



Creating True Martial Artists  
 www.SterlingMartialArts.com  
 978-973-2484 ~ suesonia@comcast.net

# Fall 2011 Karate Class Schedule

## Class Descriptions

Monday	Tuesday	Wednesday	Thursday	Saturday
9:00-9:50am Little Samurai	9:30-10:20 Little Samurai	9:00-9:50am Little Samurai		Open Kids Class 10:00-11:00am
10:00-11:00am AM Adults		10:00-11:00am AM Adults		Open Adult Class 11:00am-noon
		3:30-4:20pm Little Samurai		
4:30-5:30pm Kids 1		4:30-5:30pm Kids 1	4:30-5:30pm Kids 1	
5:30-6:30pm Kids 2		5:30-6:30 Kids 2 & 3	5:30-6:30pm Kids 2	
6:30-7:30pm Kids 3	6:00-7:00pm Team	6:30-7:30pm Parent/Kid 1&2	6:30-7:30pm Kids 3	
7:30-8:30pm Teens/Adults	7:00-8:00pm Advanced Class	7:30-8:30pm Teens/Adults	7:30-8:30pm Teens/Adults	

**Little Samurai:** A 50-minute, once/week class for preschool age children (3-5) that combines karate and basic gymnastics skills. This is not a Mommy and Me class.

**Kids 1:** White, Yellow, and Orange Belts ages 5-7

**Kids 2:** White, Yellow, and Orange Belts ages 7-12, Blue Belts ages 5-12

**Kids 3:** Green Belt and up ages 5-12

**Parent/Kid Class:** Kids (kindergarten and up) and parents of all levels train together!

**Teens/Adults:** Ages 13 and up all ranks

**Team:** Ask about our competition & demo team!

**Advanced Class:** Purple, Brown, and Black Belts - ALL AGES

**Important Note:** Kids classes are somewhat flexible and students may be moved into a different class if deemed appropriate by the instructor.

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### Other Info

The regular karate program is for ages Kindergarten-5 and up. We highly recommend the "All Access" program in which students may train in unlimited classes for the age/level. Students who train at least 2x/week make significantly more marked improvements in skill, coordination, strength and flexibility. However, there is an option to sign up for one specific class per week.

\*Note: The regular program does not include Little Samurai- there is a separate rate for this class; please contact the gym for all rate information.

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